

Note-Taking in Consecutive Interpreting: A Case of Arab Interpreters Across Arabic, English and Chinese Pairs

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Amal Abdelsattar Metwally
King Khalid University, Saudi Arabia

Hager Ahmed Abdelsattar
Princess Nourah bint Abdulrahman University, Saudi Arabia

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Abstract: This study investigates effective note-taking techniques (NTTs) in consecutive interpreting (CI), focusing on Arab interpreters working across Arabic-English, Arabic-Chinese, and English-Chinese language pairs. A mixed-method approach was used, combining quantitative data from a survey of 81 interpreters with qualitative insights from open-ended responses. Quantitative findings revealed significant differences in NTTs across language pairs. Arabic-English interpreters favored abbreviations and symbolic notation for speed and clarity, benefiting from the alphabetic writing system. In contrast, interpreters working in the Chinese language utilized its logographic nature, employing symbols and abbreviations to represent entire ideas, improving efficiency. Across all language pairs, symbolic notation, mind mapping, and abbreviations were identified as the most effective strategies, while traditional shorthand was preferred by highly experienced interpreters. Qualitative responses highlighted the role of experience, with seasoned interpreters employing hybrid approaches combining traditional shorthand, symbolic notation, and digital tools. Less experienced interpreters relied on basic methods such as mind mapping or direct keyword writing. The findings emphasize the need for tailored training programs addressing language-specific challenges, including VSO of Arabic structure and Chinese language flexible syntax and symbolic writing. Adapting NTTs to linguistic and experiential factors can significantly enhance performance and provide actionable recommendations for improving CI training.

Keywords: Arabic, English and Chinese Pairs, consecutive interpreting CI, interpreter training, note-taking techniques NTTs

1. Introduction

CI is vital for facilitating communication across cultures, particularly in complex language pairs that involve distinct scripts, syntactic structures, and cultural frameworks. Effective CI relies heavily on NT to maintain quality and accuracy. Effective preparation is essential and involves familiarity with the topic, relevant terminology, and specialized content. In addition to NT, interpreters must manage formal speaking styles, audience engagement, and non-verbal cues to ensure smooth communication and successful interpretation (Gillies 2019).

This study aims to examine the NTTs employed by Arab interpreters during CI between Arabic and English, Arabic and Chinese, and Chinese and English. The study collects detailed data on the use of various NTTs, their perceived effectiveness, and their impact on interpreter performance through a structured questionnaire distributed to a diverse group of Arab interpreters. The sample includes both experienced professionals and less experienced interpreters, such as university students in interpreter training programs, providing insight into how NTTs are applied and perceived across different levels of expertise.

To compare the use, perceptions, and challenges of NTTs among interpreters working with Arabic-English language pairs and those handling Arabic, English and Chinese Pairs, this study aims to address the following questions:

1. How do Arab interpreters' use, perceptions, and challenges of note-taking differ between English-Arabic and Chinese-English-Arabic language pairs?
2. How do Arab interpreters' experience and training affect their preferred note-taking techniques in consecutive interpreting?

These research questions address key aspects of NT in CI, with a particular focus on language combinations and the role of interpreter experience and training. To explore these issues in depth, it is crucial to review the existing literature on NTTs, their application across different interpreting contexts, and the factors that shape interpreters' strategic choices. This literature review will examine prior research on NTTs, the challenges faced by interpreters, and the impact of language combinations and professional training on NTTs, paying special attention to research involving English-Arabic and Chinese-English-Arabic combinations to inform the analysis of the present study research questions.

2. Literature review

2.1 Consecutive interpreting (CI)

CI is one of the three primary modes of interpreting, alongside simultaneous interpreting and sight translation. It involves listening to a speech or segment, taking notes as necessary, and rendering the content into the target language once the speaker pauses. According to Pöchhacker (2004), CI is defined as the process of "listening to a complete segment of discourse, analyzing it, and then delivering it in the target language" (p. 18). Seleskovitch (1975) emphasizes that CI depends largely on understanding the meaning and sense of the message, highlighting the concept of deverbalization—conveying ideas rather than words. Gillies (2013) further distinguishes between short consecutive, which involves brief segments and minimal NT, and long consecutive, where systematic NT is essential to ensure accuracy and completeness.

Xiang (2013) similarly noted that CI requires interpreters to translate after a speaker finishes a segment, paragraph, or entire speech, relying on memory, notes, and general knowledge to reproduce the message accurately. Depending on the context, the speech lengths can range from one to twenty minutes, with notes

serving as a vital tool for information recall (Gillies 2019). Together, these definitions highlight the cognitive and technical complexity of CI, which makes it a challenging yet indispensable skill in multilingual communication. The importance of NT in CI has been widely recognized in interpreter training and research. Rozan's (1956) foundational work on NTTs laid the basis for structured approaches to NT. Gile's (1995) Effort Model introduced a cognitive perspective, explaining that effective NT helps interpreters manage their mental resources by balancing listening, analysis, and memory. This becomes particularly critical in high-stakes settings, such as conferences, where NT plays a key role in memory retention and cognitive load reduction (Dai and Xu 2007; Bao 2011; Chen 2017;).

Cognitive Load Theory (Sweller 1988) emphasizes that human working memory has a limited capacity, capable of processing only a small amount of information simultaneously. In the context of CI, this limitation can lead to cognitive overload, as interpreters must listen, comprehend, and translate spoken language in real-time. To manage this overload, NT serves as a strategic tool by offloading information from working memory onto external storage, thereby freeing cognitive resources for active listening and accurate translation. By externalizing key information through notes, interpreters can reduce the cognitive demands on their working memory, allowing for more efficient processing and improved performance during interpretation tasks. Studies have shown that interpreters can retain information without NT for only about one minute, after which NT becomes essential for accurate delivery (Mei 2000; Bao 2011). Since speeches in CI frequently exceed this short retention span, NTTs such as vertical note structures, diagonal layouts, and abbreviations (Gillies 2017, 2019) are crucial for managing complexity and improving clarity.

Symbols are another powerful tool, allowing interpreters to condense complex ideas into visual representations. Gillies (2017) emphasized the value of organic symbols, simple visual representations that develop from a shared foundational concept and can be adapted or expanded based on the interpreter's individual style and preferences. Together with logical links (e.g., arrows for cause-effect relationships), these tools ensure interpreters effectively convey relationships between ideas and preserve the logical flow of speech.

Notably, CI is a cognitively demanding skill that requires a combination of memory, systematic NT, and cognitive efficiency. NTTs such as verticality, abbreviations, symbols, and logical connectors play a crucial role in managing cognitive load and enhancing the overall quality of interpretation. These strategies alleviate cognitive strain and promote structured thinking, thereby enhancing interpreter performance across a range of high-pressure and dynamic settings.

2.2 Studies on note-taking (NT) in consecutive interpreting (CI)

Many studies investigated the role of effective NTTs in CI settings. As a memory aid, notes play a highly important role and, in many cases, are indispensable for successful interpreting.

Chen (2016) conducted a comprehensive review of the literature on NT in CI, drawing from both Chinese and English sources. The review identified two

primary research streams. The prescriptive approach outlines systematic NTTs such as abbreviations, symbols, and vertical note structures, typically grounded in professional practice and expert observation (e.g., Rozan's principles). In contrast, the descriptive approach investigates how interpreters take notes, in practice, often through empirical observation. Findings from descriptive studies suggest that student interpreters tend to rely heavily on source-language notes, largely due to cognitive overload, whereas professionals display greater flexibility, favoring target-language notes and the use of symbols. Despite the value of these findings, existing research has limitations, including a predominant focus on student participants and a lack of causal explanations for NT behavior. Chen emphasized the need for further research on cognitive load in interpreting and recommended the use of advanced tools such as eye-tracking and digital pen technology to gain deeper insights into real-time NT processes (Chen 2016).

Chen (2017) used digital pen technology to study NT in Chinese and English CI. The research explored how different NTTs, especially language versus symbols, affect cognitive load and interpreting performance. Results showed professionals prefer language-based notes but both the physical and mental demands of NT impact interpretation quality. The study also found that the amount and structure of notes influence performance, emphasizing the importance of balanced and efficient NT.

To further highlight NT effectiveness, Gillies (2017) discussed the role of hierarchies in organizing notes. Interpreters must prioritize information, as some components carry greater importance than others. Gillies highlighted the use of symbols, spacing, and indentation as practical tools for differentiating primary points from secondary details. By visually structuring notes, interpreters can more efficiently recall and emphasize key elements during delivery.

In a subsequent experimental study, Chen (2018) introduced a triangulation approach combining pen recording, eye tracking, and voice recording to examine the cognitive processes involved in NT during CI. This multi-modal approach offered valuable insights into the multitasking challenges interpreters face, providing a more comprehensive understanding of how they process and organize information in real-time. Building on this, Chen (2020) combined pen and voice recording methods to study NT in CI between Chinese and English. The results indicated that professional interpreters generally used fewer symbols and relied more on language-based notes. Notably, the study revealed a negative correlation between a higher proportion of English notes and interpreting performance, highlighting the impact of cognitive load on accuracy and overall interpreting quality.

Chen (2023) further conducted a comparative study on the NT processes of professional interpreters and interpreting students, revealing that professionals demonstrated faster NT speeds, greater fluency, and more complete information capture. The findings also showed that professionals relied more heavily on symbols and made more strategic language choices, highlighting specific areas where interpreter training programs could better enhance student performance. Conversely, Yamada (2018) explored the effectiveness of NT among novice

interpreters in a university setting, focusing on English-Japanese interpretation. The study compared performance with and without NT and found that NT did not consistently benefit beginners and suggested that novice interpreters might first need to build foundational interpreting skills before adopting NTTs. Additionally, the study indicated that NT could be distracting during short consecutive interpretation tasks, potentially hindering performance at early stages of training.

Although Arabic-Chinese CI remains an emerging area of research, recent studies have begun to shed light on the distinctive challenges it presents and propose practical strategies to address them (Li 2021; Ji 2022; Nour 2022; Jin 2023). The significant linguistic, structural, and cognitive differences between Arabic and Chinese, such as script directionality, complex characters, and divergent logical patterns, pose unique demands on interpreters. While the existing body of literature is still limited, several recent studies using simulated interpreting scenarios have provided valuable insights into these challenges.

Ji (2022) examined logical coherence in Chinese-Arabic CI through a simulated case based on Zhang Weiwei's speech. The study highlighted unique differences in logical patterns between Chinese and Arabic and identified three types of logical breakdown: omission, mistranslation, and unnecessary connectors. These issues were linked to difficulties during listening, NT, and delivery. To mitigate these challenges, proposed strategies included enhancing logical analysis, using clearer symbols in NT, and improving logical clarity in output. Despite being limited to a single case and personal experience, the study offered a valuable framework for improving logical processing in this specific language pair.

Building on this line of inquiry, Li (2021) analyzed redundancy in Chinese-Arabic CI using a simulated interpretation of Zhou Xiaochuan's speech. Redundancy was categorized into phonological, semantic, and syntactic types and was linked to issues such as ineffective NT, poor information restructuring, and weak self-monitoring. To address these challenges, the study proposed improving NT systems, paraphrasing skills, syntactic output, and target-language expression. Importantly, the study contextualized redundancy issues within Arabic-Chinese interpreting, offering more language-practical insights than earlier research. Although it offered practical recommendations, it was limited by its reliance on a single simulated case and literature primarily focused on Chinese-English interpreting.

Similarly, Nour (2022) examined challenges in Chinese-Arabic CI through a simulated case involving Zhang Weiwei's speech. The study identified key NT-related issues—omissions, disorganized structure, and illegible notes—linked to cognitive overload, segmentation problems, and inconsistent symbols. These findings highlight specific cognitive and procedural challenges unique to the Arabic-Chinese context, especially in how interpreters manage NT under linguistic and structural pressure. Suggested strategies included improving multitasking, preparation, segmentation, and note clarity, as well as using the target language in NT. The study emphasized the need for practical, task-based training, underscoring that theoretical knowledge alone is not sufficient for mastering NT skills in this demanding language pair.

Further contributing to the growing research on Arabic-Chinese CI, Jin (2023) investigated insufficient explicitation in Chinese-Arabic CI through a simulated case based on Professor Justin Yifu Lin's speech. The study identified issues such as conceptual ambiguity, unclear logic, and inappropriate tone, attributed to limited understanding, weak terminology, and poor information organization. These challenges were shown to interfere with message delivery and audience comprehension, particularly when cultural and rhetorical expectations diverge between Arabic and Chinese. Recommended strategies included better preparation, developing a terminology bank, improving logical analysis, and using tone markers. While offering valuable practical insights, the study was limited by its focus on a single simulated case and a lack of real-life interpreting data. Nonetheless, it contributes to a growing body of recent research addressing specific Arabic-Chinese CI issues, thereby adding depth to the ongoing scholarly conversation on Arabic-Chinese CI.

2.3 Memory retention and target language expression

Effective NTTs play a pivotal role in CI, supporting interpreters in managing cognitive load and enhancing both memory retention and target language expression. Research has consistently emphasized the importance of well-structured notes in alleviating psychological stress during high-pressure scenarios such as large-scale events. Notes provide essential cognitive "breaks," helping interpreters maintain focus and reduce anxiety (Rozaan 1956; Gillies 2017).

2.3.1 Memory retention in (NT)

Well-crafted notes externalize key information, reducing demands on short-term memory and enabling interpreters to focus on delivering accurate target language output. Rozaan (1956) and Gillies (2017) both highlighted that systematic NTTs reduce mental strain and improve performance. For example, Wang and Jinyu's (2023) application of Gile's Effort Model identified challenges such as insufficient key information and lack of structure in notes, proposing strategies to improve logical thinking and organization for interpreters handling complex speeches.

Studies like Lin Chaolun (2012, 2004) have emphasized that NT plays a critical role in compensating for the limitations of short-term memory, thereby supporting accurate and complete message transfer. Similarly, Seleskovitch and Lederer (2007) underlined that notes not only aid concentration during the listening phase but also serve as effective prompts for recall during delivery. Gillies (2019) further reinforced this view, stressing that concise, minimalistic notes function as memory triggers, allowing interpreters to quickly scan their notes and maintain efficiency throughout the interpreting process.

2.3.2 Target language expression in (NT)

In addition to supporting memory, NT also enhances target language delivery by providing a structured representation of the source language. Li and Mi (2010) observed that in CI, particularly between structurally distinct languages such as Chinese and Arabic, well-organized note structures enable interpreters to effectively reorganize and adapt content, resulting in smoother and more coherent output in the target language. This view is echoed by Gillies (2017, 2019), who emphasized the importance of capturing critical components such as “who,” “what,” and “why,” and encouraged interpreters to focus on reformulating meaning rather than transcribing speech verbatim.

While many studies have examined NTTs within individual language pairs such as Arabic-English and Chinese-English, there remains a notable lack of comparative analysis examining how Arab interpreters adapt their strategies in Arabic-English versus Arabic-Chinese-English CI. This gap is particularly significant due to the linguistic and cultural complexities inherent in these combinations. Additionally, the impact of interpreters' experience on their selection and use of NTTs has not been thoroughly explored (e.g., Chen 2017; Gillies 2017; Wang and Jinyu 2023). Addressing these gaps is crucial for understanding the interaction between experience, linguistic differences, and NTTs effectiveness. To optimize performance in diverse CI settings, interpreter training programs should be tailored to address the distinct challenges of each language pair, such as Arabic VSO structure and Chinese symbolic logographic nature, by emphasizing cognitive load management, strategic note structuring, and improved memory retention.

3. Methodology

3.1 Research design

This study employed a mixed-methods design to investigate Arab interpreters' use, perceptions, and challenges of NTTs in CI, focusing on multiple language pairs, particularly the Arabic-English pair and Arabic-Chinese-English combination. A structured questionnaire (Appendix 1) was carefully designed to capture both quantitative and qualitative insights, ensuring a comprehensive analysis of the participants' experiences. The questionnaire, distributed via Google Forms, included closed-ended questions to collect measurable data on interpreters' frequency of NT, preferred techniques, and perceived effectiveness, as well as open-ended questions to gather responses about their NTTs.

3.2 Participants

The study targeted Arab interpreters with different levels of experience in CI. Eighty-one participants were recruited using purposive sampling to ensure the inclusion of interpreters with expertise in Arabic-English and Arabic-Chinese-English language pairs. Participants were reached through the *Arabic Observatory of Translation (AOT)*, an initiative launched in 2022 by the Literature, Publishing, and Translation Commission, one of the commissions of

the Ministry of Culture in the Kingdom of Saudi Arabia, as well as the *LinkedIn* professional networking platform.

3.3 Data collection instrument

A structured questionnaire was designed to address the study's research questions on NTTs, interpreter experience, and the role of training in CI. The questionnaire comprised 17 closed-ended items, using Likert-scale and multiple-choice formats to gather quantitative data on the frequency of NT use, perceived effectiveness, and common challenges. Additionally, open-ended questions allowed participants to describe their personal NTTs, challenges encountered, and adaptations made when working across different language pairs. The mixed-methods approach allowed for a comprehensive analysis of how NTTs, interpreter experience, and training affect performance in CI.

3.4 Ethical considerations

Participants were fully informed about the purpose of the study and assured of their right to confidentiality and anonymity. Participation was voluntary, and consent was obtained before completing the questionnaire.

3.5 Data analysis and results

This section presents the analysis of data collected from 81 Arab interpreters specializing in CI. The data has been categorized into two parts: the first part focuses on the Arabic-English pair, and the second examines the Arabic-Chinese and Chinese-English pairs.

3.5.1 Arabic-English pair interpreters responses analysis

The Arabic-English language pair emerged as the most common, with 75.3 percent of participants interpreting from English into Arabic and 72.8 percent from Arabic into English. Most interpreters working in the Arabic-English pair are relatively young, with 69.1 percent aged between 18–34 years. Women dominated this group, making up 69.1 percent of participants.

In terms of education, 59.3 percent of participants held a bachelor's degree and 23.5 percent had obtained a master's degree, reflecting a high level of formal academic qualification among the interpreters. In terms of interpreter training, 71.6 percent of participants reported receiving formal training. Nevertheless, 28.4 percent of respondents had no formal training, relying on self-learning to develop their skills.

Regarding experience, a notable 39.5 percent reported working as interpreters for more than 10 years, demonstrating the presence of seasoned professionals. However, 24.7 percent had only 1–3 years of experience, reflecting the inclusion of early-career interpreters. In terms of interpreting frequency, 30.9 percent of participants reported working regularly (on a daily or weekly basis), while the remaining participants interpreted only occasionally or rarely.

The results show that among interpreters working with the Arabic-English pair, the most commonly used NTTs were abbreviations (60.5%), followed by note-taking in the first language (49.4%), and traditional shorthand (48.1%). Participants highlighted that these techniques helped improve their memory retention, clarity, and speed. In terms of perceptions, 87.6 percent of interpreters agreed that NT significantly enhanced their ability to retain information, while 79 percent believed it improved overall interpreting performance. Nevertheless, 69.1 percent reported difficulty balancing active listening and NT.

Interpreters working in the Arabic-English pair reported specific challenges, including managing abstract concepts, interpreting metaphorical expressions, and maintaining clarity while keeping pace with the speaker. Participants with formal training demonstrated a preference for advanced NTTs such as symbolic notation and hybrid techniques, whereas less experienced interpreters primarily relied on basic strategies such as writing keywords and taking direct notes.

The participants demonstrated a range of NTTs tailored to their preferences and needs, combining traditional techniques like shorthand and abbreviations with modern tools and creative adaptations to enhance effectiveness during CI (Table 1).

Table 1. Average scores of Arab Arabic-English pair interpreters’ responses regarding NTTs

Qs.	Statement	Average Score
Q1	I regularly use note-taking techniques during consecutive interpreting sessions.	4.02
Q2	My note-taking methods have improved my overall interpreting performance.	4.25
Q3	I find that my notes help me retain information better during interpretation.	4.32
Q4	I am confident in my ability to create effective notes quickly during a speech.	4.12
Q5	The structure of my notes is consistent across different interpreting assignments.	3.74
Q6	I believe that note-taking is essential for successful consecutive interpreting.	4.28
Q9	I find it challenging to balance note-taking and active listening during interpretation.	3.30
Q10	My notes are clear and organized enough for me to understand them later.	3.94
Q11	I adapt my note-taking style to accommodate the pace and delivery of speakers.	3.86
Q12	I believe that understanding dialects enhances my note-taking effectiveness.	3.96
Q13	I believe that mastering note-taking techniques is crucial for my future career.	4.34

Q14	Note-taking helps in enhancing memory retention and improving overall accuracy.	4.37
Q15	Note-taking provides a structured way to organize information for better flow and delivery.	4.33
Q16	By jotting down important information, interpreters can offload some of the cognitive burden.	4.21

The results show strong consensus among Arab interpreters about the importance of NTTs in Arabic-English CI. The highest-rated statements included "Note-taking helps in enhancing memory retention and improving overall accuracy" (4.37) and "Mastering note-taking techniques is crucial for my future career" (4.34), underlining the critical role of NTTs in comprehension and accurate reformulation. Participants also agreed that NTTs provide structure and organization, with an average score of 4.33, and that it helps reduce cognitive load (4.21). However, some challenges remain, especially among less experienced interpreters, who reported difficulty balancing NT with active listening, reflected in the lowest average score of 3.30. Note structure also showed inconsistency, with an average score of 3.74, indicating variation in how interpreters organize their notes.

Data reveals key trends in the use, perceptions, and challenges of NTTs among Arab interpreters in the English-Arabic pair. Interpreters favor a combination of traditional shorthand, symbolic notation, and abbreviations, with many incorporating NTTs in their first language. This practice aligns with the work of Gillies (2017) and Rozan (1956), who emphasized the importance of developing personalized NTTs. Specifically, interpreters working with the English-Arabic pair often rely on traditional shorthand and abbreviations to navigate the linguistic challenges of the English subject-verb-object (SVO) structure and the Arabic subject-verb-object or verb-subject-object (VSO) structures.

This strategic adaptation of NTTs demonstrates interpreters' effort to align their NTTs with the unique linguistic features of the language pair.

Interpreters generally hold positive views toward NTTs, acknowledging their contribution to memory retention, accuracy, and reduced cognitive load during CI. This aligns with the work of Gile (1995) and Sweller (1988), who emphasized that NTTs support cognitive processing by externalizing key information, thereby mitigating mental overload. By offloading memory demands, effective NTTs allow interpreters to focus fully on comprehension and delivery, especially when working between structurally and linguistically distinct languages such as English and Arabic. Nevertheless, less experienced interpreters still struggle with balancing active listening and NT, as noted in Gile's Effort Model (1995), which highlights how the simultaneous demands of listening, analysis, and production can overwhelm interpreters when not effectively managed.

Arab interpreters who have under one year of experience tend to rely on NT in their first language and the use of abbreviations, with a focus on enhancing comprehension and reducing cognitive load. Those with one to six years of experience increase their use of symbolic notation and mind mapping, aiming to organize notes more effectively. Interpreters with moderate experience begin to incorporate digital tools to enhance the organization of their notes. Those with over seven years of experience tend to use a combination of advanced NTTs, such as traditional shorthand, symbolic notation, and abbreviations, along with digital tools and mind mapping. This reflects a more refined and flexible approach to handling complex interpreting tasks. Interpreters with formal training tended to use a wider range of advanced NTTs, such as symbolic notation, mind mapping, and digital tools, emphasizing efficiency and structure. They also combined multiple strategies, like traditional shorthand with digital tools and abbreviations, reflecting greater versatility and proficiency. In contrast, untrained interpreters relied mainly on traditional shorthand, abbreviations, and NT in their first language, suggesting a focus on simplicity and practicality due to a lack of structured training. The absence of digital tools and complex strategies among untrained interpreters highlights the significant impact of formal training in expanding their NTTs and enhancing their ability to manage complex speeches. The responses to the closed-ended questions reflect the perceived importance of NTTs in CI. Participants expressed broad agreement on the significance of NT for memory retention, reducing cognitive burden, and organizing information (Table 2).

Table 2. Responses of Arabic-English pair interpreters about NTTs

Statement	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)
I adapt my note-taking style to accommodate the pace and delivery of speakers.	23.08	48.08	21.15	3.85	0
I believe understanding dialects enhances note-taking effectiveness.	36.54	34.62	23.08	3.85	0
Mastering note-taking techniques is crucial for my	55.77	32.69	7.69	1.92	0

career as an interpreter.					
Note-taking enhances memory retention (key points and accuracy).	48.08	44.23	3.85	1.92	1.92
Note-taking provides a structured way to organize information.	46.15	42.31	9.62	0	1.92
By jotting down information, interpreters offload cognitive burden and focus on delivery.	38.46	46.15	11.54	1.92	1.92

The results reveal that 88.46 percent of Arabic-English interpreters agree or strongly agree that mastering NT is crucial for their careers. Additionally, 92.31 percent acknowledge that NT enhances memory retention and accuracy during interpretation. Nearly 85 percent recognize that NT helps manage cognitive load, allowing interpreters to focus better on comprehension and delivery. These findings highlight the practical benefits of NT in improving the quality and accuracy of CI.

Participants' responses to open-ended questions revealed various strategies employed during CI among Arab interpreters of the Arabic-English pair. Recurring themes include the use of abbreviations, traditional shorthand, and symbolic notations. Table 3 presents the most frequently reported NTTs mentioned by participants.

Survey responses from Arabic-English interpreters revealed a variety of personalized and effective NTTs. Many participants reported using abbreviations and developing custom shorthand systems, including arrows, mathematical symbols, and other visual markers, to improve both speed and clarity. Rather than writing full sentences, several interpreters preferred noting only key words, allowing them to maintain focus on the speaker while capturing essential content. Some also incorporated visual techniques, including drawing, doodling, and using color, to support memory retention. Additionally, hybrid note-taking systems,

combining elements from both languages, symbols, and logical structuring, were employed to organize ideas more efficiently. Techniques such as Subject-Verb-Object (SVO) arrangements and spacing, spacing were also used to enhance comprehension and facilitate smoother delivery.

Table 3. Frequency of NTTs used among Arab interpreters working on Arabic-English pair

NTTs	Frequency
Abbreviations	34
Traditional Shorthand	27
Note-taking in First Language	26
Symbolic Notation	25
Mind Mapping	14

Regular practice was often cited as essential for mastering NTTs, with some interpreters recommending practicing with recorded speeches to improve speed and accuracy. Personalized approaches, such as using their native language for complex terms or crafting unique abbreviations, were also considered helpful. A few participants highlighted focusing on key ideas, numbers, and names while generalizing minor details to avoid cognitive overload during active listening. These responses demonstrate that interpreters employ a combination of symbols, abbreviations, keywords, and visual aids tailored to their needs and individual preferences and continually refine these strategies through practice to improve the efficiency and accuracy of their NT in conference interpreting.

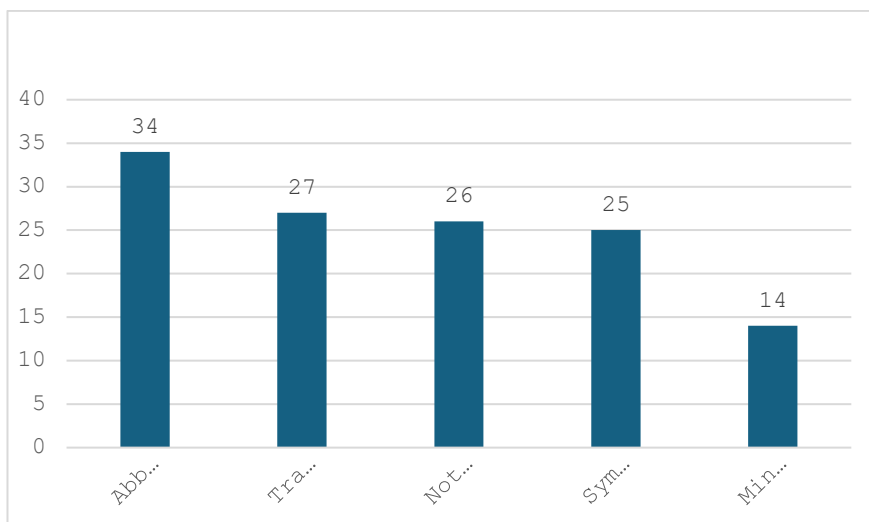


Figure 1. NTTs frequency among Arab interpreters of Arabic-English pair

The results demonstrate that interpreters view NT as an essential skill for effective performance. However, they also face significant challenges in balancing NT with other cognitive tasks, such as active listening and message reformulation. These findings highlight the need for targeted training programs that address these challenges, improve the efficiency of NT, and support its seamless integration into the broader interpreting process.

3.5.2 Chinese-Arabic-English combination interpreters responses analysis

Although the number of interpreters working with Arabic-Chinese and Chinese-English pairs was smaller compared to the Arabic-English group, their responses remain significant and offer valuable insight into the unique challenges associated with these language pairs. Specifically, 33.3 percent of participants reported working from Chinese into Arabic and 30.9 percent from Arabic into Chinese. Additionally, 16 percent of participants reported working with English-Chinese and Chinese-English pairs. Unlike the Arabic-English group, interpreters in these pairs faced distinct challenges due to the character-based nature of Chinese. Rather than aiming for a direct skill-level comparison, the analysis focuses on contrasting linguistic and structural challenges and how even less experienced interpreters adapt their NTTs to navigate the complexities of Chinese character-based writing system. This approach offers valuable implications for training design and underscores the need for further research as professional expertise in this area continues to grow.

The data revealed that the majority of interpreters fall within the 25 to 34 age group, with most holding a bachelor's degree. This indicates a combination of strong learning capabilities and a solid academic foundation. Their work is predominantly focused on the business sector, with an average of three years of experience in the field. This trend highlights the increasing presence of young interpreters in business interpretation, where they actively gain practical experience and steadily develop their translation skills and professional competence. Regarding training and education, similar trends emerged as in the Arabic-English group. While many participants had bachelor's degrees or attended workshops and short courses, some lacked formal interpreting training, highlighting the need for targeted educational programs to address the complexities of Chinese interpreting. Experience levels were equally diverse, with experienced interpreters using hybrid approaches that combined multiple strategies like shorthand, symbols, and digital tools. In terms of professional experience, the majority of participants working in Chinese-related language pairs, including Chinese-Arabic, Arabic-Chinese, Chinese-English, and English-Chinese, had only 1–3 years of experience, reflecting the predominance of early-career interpreters in this group. Notably, there is a scarcity of highly experienced interpreters in these combinations, which contrasts with the relatively higher prevalence of seasoned professionals in CI involving the Arabic-English and English-Arabic pairs. Regarding frequency of practice, 30.9 percent of the respondents reported working regularly (on a daily or weekly basis),

whereas the remaining participants engaged in interpreting activities either occasionally or infrequently.

Compared to the broader group of interpreters working with Chinese-related language pairs, those specializing in Arabic-Chinese interpreting exhibit a distinct profile that highlights both emerging potential and critical training gaps. The vast majority of Arabic-Chinese interpreters are young, with 57 percent aged 25–34 and 29 percent aged 18–24, meaning over 85 percent fall under the age of 35. This youthfulness is reflected in their experience levels: 43 percent have 1–3 years of experience, while an additional 18 percent have less than one year. Though a few outliers report over a decade of experience, the group is overwhelmingly early-career. While 61 percent of these interpreters have received formal training, 39 percent have not, revealing a significant gap given the linguistic and cognitive demands of this language pair. In terms of NT, Arabic-Chinese interpreters report a diverse mix of strategies, including symbolic notation, mind mapping, traditional shorthand, digital tools, and note-taking in their first language. This hybrid and often improvisational approach suggests a lack of standardized methodology and reflects their need to self-adapt in the absence of structured guidance. In contrast, interpreters in other Chinese-related combinations show a slightly broader distribution in age and experience and appear to rely somewhat more on conventional shorthand. These distinctions emphasize the need for tailored, practice-based training programs that address the specific challenges faced by Arabic-Chinese interpreters and support their ongoing professional development.

The data revealed that interpreters working in Chinese-Arabic and Chinese-English settings employ language-specific strategies to navigate the complexity of Chinese characters. These strategies include the use of simplified forms and partial strokes to enhance speed while preserving accuracy. Among participants, 60.5 percent used abbreviations, 42 percent used symbolic notation, and 32.1 percent employed mind mapping. Additionally, 28.4 percent of younger interpreters utilized digital tools like tablets and apps to enhance speed and organization. However, interpreters faced challenges such as balancing speed and accuracy due to the time-consuming nature of Chinese characters and difficulties in organizing notes and keeping pace with speakers. Compared to Arabic-English interpreters, those working with Chinese had to simplify their NT further. Despite these challenges, respondents emphasized the importance of practice and personalized strategies, including symbols and partial characters, to improve efficiency.

The survey further indicated strong consensus on the importance of NT in enhancing memory retention and accuracy, with an average rating of 4.8 for "Note-taking helps in enhancing memory retention and improving overall accuracy" and 4.6 for "Mastering note-taking techniques is crucial for my future career." Note-taking was also valued for its organizational benefits (average score of 4.6) and its effectiveness in reducing cognitive load (4.21). However, less experienced interpreters struggled with balancing NT and active listening, reflected in a lower score of 3.30 for "I find it challenging to balance note-taking and active listening." Inconsistencies in NTTs across assignments were also noted, with an average score of 3.74. Responses to the survey questions confirmed the integral role of NTTs in

CI practice, even under the real-time constraints of CI. NTTs were deemed indispensable for organizing complex content, extracting key information, and ensuring accurate translation. Given the impracticality of relying solely on memory for speeches exceeding 10 minutes, the primary function of NT is to support memory retention by capturing key ideas based on the interpreter's comprehension, rather than transcribing the speech verbatim.

Ultimately, effective NT contributes significantly to the fluency, coherence, and overall quality of interpreted output, enabling interpreters to meet the demands of their profession.

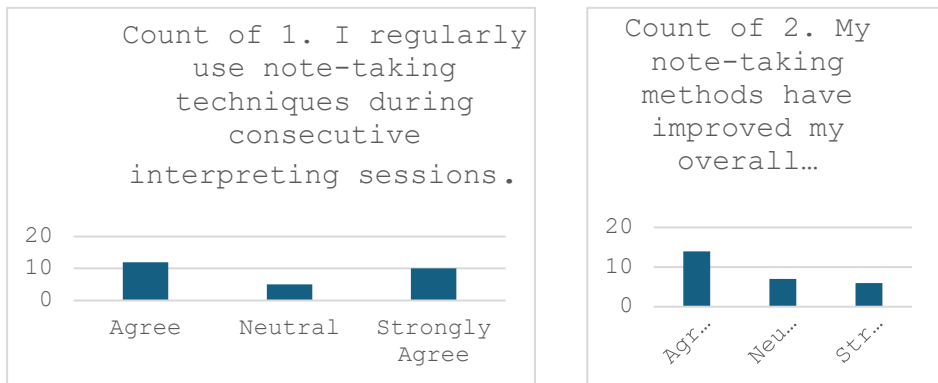


Figure 2. NTTs the responses of the Chinese-Arabic-English combination

The results demonstrate strong consensus among Arab interpreters regarding the pivotal role of NT in facilitating accurate and effective CI. Even in the high-pressure environment of CI, NT remains an effective information-processing tool, particularly when dealing with long sentences or complex technical terms. This finding aligns with Gile's (1995) perspective in *Basic Concepts and Models for Interpreter and Translator Training*, which highlights the supportive role of NT in CI. Similarly, Bao Gang (2011) emphasized that NT is a key factor in improving translation accuracy and efficiency. Mei De Ming (2000) also noted that NT helps interpreters organize their thoughts and effectively handle large volumes of information and complex content. Lin Chaolun (2004) further underscored the importance of NT in CI. Seleskovitch and Lederer (2012) indicated that while CI demands quick reactions, NT remains a vital tool for ensuring translation quality and coherence.

The responses to the third and fourth survey questions show that most interpreters believe NT enhances their memory retention and translation performance. This supports the view that NT is crucial in CI, helping interpreters recall key information and improve their response speed and translation quality, even under pressure, as emphasized by Lin Chaolun (2004). Seleskovitch and Lederer (2007) also highlighted the link between NT skills and translation accuracy,

especially in complex speeches. Li and Mi (2010) noted that the ability to quickly create effective notes is essential for performance. Most participants expressed confidence in their ability to take effective notes, which may be attributed to the use of personalized NT systems based on universal principles.

The core principles of NT are designed to enhance interpreters' accuracy and efficiency during CI. First, the principle of *Noting Ideas, Not Words* stresses the importance of capturing core concepts rather than transcribing speech verbatim, which helps reduce cognitive load and improve clarity (Gillies 2005). Second, the use of abbreviations enables interpreters to shorten long words by using initials, final letters, or well-known shorthand forms—a strategy supported by Rozan (2002) and Matyssek (1989). In some cases, borrowed abbreviations or pinyin can also be effective. Third, showing connections between ideas through arrows, spacing, or linking lines allows interpreters to reflect logical relationships in their notes, thus minimizing the risk of misinterpretation (Matyssek 1989; Rozan 2002). Fourth, negation and emphasis should be clearly marked—using techniques such as strikethroughs for negation or underlining for emphasis—to ensure important rhetorical elements are not overlooked (Herbert 1952). Finally, the strategic use of *symbols* allows interpreters to represent complex concepts quickly and efficiently. This reduces reliance on the source language, speeds up NT, and improves the overall quality of interpretation (Gillies 2005).

In Chinese-Arabic CI, symbols tailored to Chinese characteristics significantly improve NT and translation quality. Chinese, as a language rich in symbolic expression, offers a distinct advantage in Chinese-Arabic NT. Interpreters can directly use symbols to capture concepts without verbal transformation, reducing writing effort and addressing grammatical and cultural differences. Properly designed symbols enhance memory, enable quick responses in complex scenarios, and improve translation quality.

For the fifth and ninth survey questions (Figure 3), respondents were presented with statements and asked to indicate their level of agreement using a Likert scale. These items included: “The structure of my notes remains consistent across different interpreting tasks” and “I find balancing note-taking and active listening during interpretation to be a challenge”. For the fifth statement, most respondents selected neutral responses, indicating that interpreters may not follow a fixed note structure in all situations. This variation likely reflects the need to adapt NT strategies based on factors such as the nature of the task, the speaker's delivery, or the subject matter. Therefore, flexibility in note structure appears to be a practical and intentional approach adopted by interpreters to suit diverse interpreting contexts. For the ninth question, most respondents agreed, highlighting that balancing NT and active listening is indeed a significant challenge. This finding suggests that interpreters face critical difficulty in maintaining full attention to the speaker while simultaneously recording information. This challenge underscores the complexity of both simultaneous and CI, requiring interpreters to strike a balance between listening, analyzing, and NT to ensure accuracy and coherence in their translations.

Balancing NT with active listening is a major challenge, especially for beginners. They often take notes in the source language due to limited language-switching skills, which can lower translation quality. Strategies to improve this include training interpreters to use the target language in their notes, focusing on key ideas instead of every word, and using symbols for speed and clarity, particularly useful in language pairs like Chinese-Arabic. Preparation, both short- and long-term, also reduces cognitive load and stress, leading to higher accuracy, as shown by Diaz-Galaz (2012).

By combining these approaches—target language notes, effective NTTs, and thorough preparation—interpreters can overcome challenges, improve accuracy, and ensure effective communication. These findings align with numerous studies that emphasize the cognitive demands of interpreting tasks, particularly the intricate balance between NT and listening. Such demands necessitate high levels of skill and flexibility among interpreters.

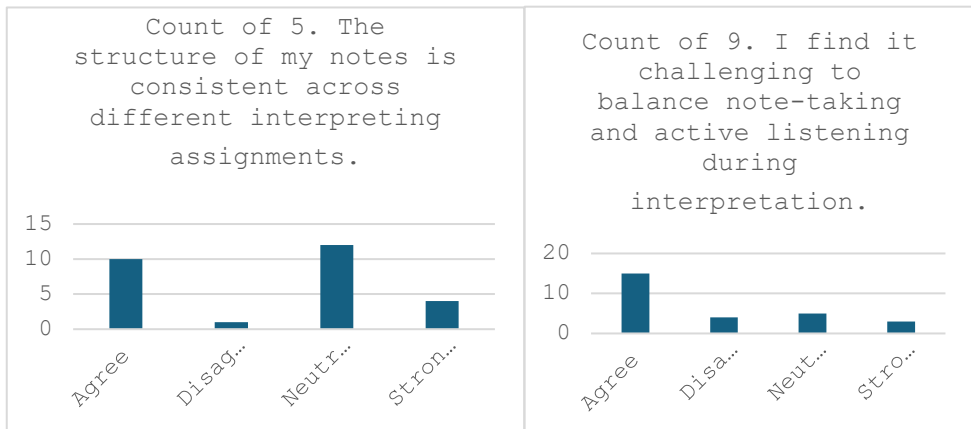


Figure 3. Responses of Chinese- Arabic- English combination interpreters

For the remaining closed questions (Table 4), results show that NTTs are widely valued in interpretation, especially for boosting efficiency, accuracy, and memory. NT is seen as essential for successful consecutive interpreting, as it helps interpreters retain, process, and organize information. Respondents agreed that NT improves memory and recall of key points, which in turn enhances translation accuracy.

The study also found that interpreters adjust their NTTs based on the speaker's pace and style, showing the importance of flexibility. Understanding dialects was also seen to improve NT efficiency, especially when interpreting between Chinese and English, by helping interpreters grasp the speaker's language more effectively.

These findings align with the perspectives of interpreting scholars, many of whom emphasize the essential role of NTTs in reducing cognitive load and enhancing both fluency and accuracy in interpretation.

Table 4. Responses of Chinese- Arabic- English combination interpreters about NTTs

Statement	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)
I adapt my note-taking style to accommodate the pace and delivery of speakers.	20.08	48.08	21.15	3.85	0
I believe understanding dialects enhances note-taking effectiveness.	30.54	44.62	23.08	3.85	0
Mastering note-taking techniques is crucial for my career as an interpreter.	55.77	32.69	7.69	1.32	0
Note-taking enhances memory retention (key points and accuracy).	58.08	44.23	2.85	1.62	0
Note-taking provides a structured way to organize information.	66.15	22.31	9.62	0	0
By jotting down information, interpreters	38.46	50.15	1.54	1.82	0

offload cognitive burden and focus on delivery.					
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Participants’ responses to the open-ended questions revealed a variety of strategies employed by Arab interpreters working with the Chinese-Arabic-English combination during CI. The majority of respondents indicated the use of symbolic notation and abbreviations, which can be attributed to the nature of the Chinese language, as previously discussed.

The symbolic nature of Chinese significantly influenced participants' preference for abbreviations and symbols in CI. As Chinese characters represent concepts rather than phonetic sounds, they are abstract and condensed, making them ideal for symbolic notation. This allows interpreters to efficiently capture key ideas without lengthy writing, preserving speed and clarity. Participants in the study adopted these strategies to handle the complexity and dense information of Chinese, aligning their NTTs with the language’s symbolic structure to enhance memory retention and translation accuracy.

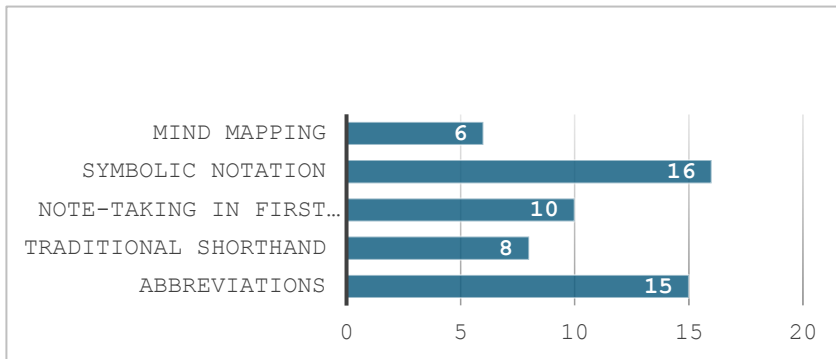


Figure 4. Responses of Chinese- Arabic- English combination interpreters

The responses emphasize the importance of efficient NTTs in Arabic-Chinese-English interpretation. Key techniques include focusing on essential information, fast typing, and using personalized symbols and abbreviations. Some interpreters also incorporate partial Chinese characters or cross-language symbols to increase efficiency. Adapting NT styles to individual preferences further enhances speed and accuracy in interpretation.

The findings resonate with prior case-based research on Chinese-Arabic CI, which consistently highlighted challenges related to cognitive load, note structure, and linguistic asymmetries. Ji (2022) emphasized the difficulty of maintaining logical coherence due to the contrast between Chinese parataxis and Arabic

hypotaxis—an issue also reflected in the responses of participants in the current study, who struggled with organizing notes to reflect clear logical transitions. Similarly, Li's (2021) identification of redundancy caused by ineffective NT and disorganized output is echoed in this study's qualitative data, where respondents cited challenges in maintaining clarity under time pressure. Nour's (2022) findings on omissions and disorganized note structure due to cognitive overload directly support the present study's observation that interpreters in Chinese-Arabic contexts rely on simplified characters and symbolic notation to reduce strain. Finally, Jin's (2023) concern with insufficient explicitation, linked to poor terminology and disjointed information, mirrors participants' reported difficulties in ensuring clarity and emotional tone, especially when using hybrid note systems across complex syntactic languages. Collectively, these prior studies reinforce the current research's conclusion: that effective NTTs, tailored to the linguistic structure and interpreter experience, are essential for enhancing accuracy, reducing redundancy, and improving logical coherence in Chinese-Arabic CI.

4. Discussion

The findings align with Cognitive Load Theory, which emphasizes that reducing mental strain enhances accuracy and performance (Sweller 1988). NT functions not only as an external memory aid but also as a cognitive tool for organizing and retrieving information under pressure. Interpreters reported using a range of NTTs, including symbolic notation, abbreviations, and mind mapping, to enhance speed, clarity, and memory retention. These practices reflect prior research by Gillies (2017) and Rozan (1956), who stressed the importance of developing personalized and efficient NTTs. This study extends earlier work by highlighting how NT use is shaped by language structure, interpreter experience, and individual cognitive preferences.

4.1. Key Differences

4.1.1 Language structure

Language structure was found to significantly influence how NTTs were selected and applied. Chinese, as a logographic language, allows for the use of symbols that represent entire concepts, enabling interpreters to save time and space in their notes. This is consistent with findings from Chen (2016, 2017) and Li and Mi (2010), who observed the visual efficiency of Chinese in CI. In contrast, the English alphabetic system requires interpreters to rely more on phonetic abbreviations (e.g., “govt” for “government”), which are more time-consuming. Arabic complex morphology and VSO syntax further challenge interpreters, who often adopt hybrid systems combining structured abbreviations and traditional shorthand to manage syntactic transformations and agreement.

4.1.2 Efficiency

Interpreters working with Chinese-English or Chinese-Arabic pairs frequently adopted visual-symbolic strategies such as partial characters and ideograms to maximize efficiency. These findings support Ji (2022) and Nour (2022), who

emphasized the importance of compact, concept-based notation in managing the dense information flow typical of Chinese discourse. In contrast, Arabic-English interpreters favored traditional shorthand and structured formats, which, while effective, are generally less compact. The study confirms that NT efficiency is closely linked to the language's written form and syntactic patterns, requiring interpreters to adapt their techniques accordingly.

4.1.3 Memory retention

Symbolic and conceptual NTTs enhanced memory retention, particularly when notes were structured around meaning rather than form. This echoes the views of Gillies (2019) and Seleskovitch and Lederer (2007), who argued that effective NT supports idea-based recall. Chinese symbols allowed for compact, meaning-driven notes, while English and Arabic notes often relied on grammatical cues and structured abbreviations. The variation highlights the importance of aligning NT strategies with both linguistic structure and interpreter comprehension to support retention during CI.

4.2 Linguistic challenges by language pair

Each language pair presented distinct challenges. Arabic-English interpreting requires adaptation to Arabic fixed verb-subject-object (VSO) structure, morphological agreement, and the reordering of complex grammatical elements. English-Arabic interpreting, conversely, involves transforming SVO input into Arabic syntactic norms while maintaining fluency and formal tone. In Chinese-Arabic CI, interpreters struggled with Chinese flexible subject-verb-object (SVO) structure, omitted elements, and Arabic gender distinctions. These challenges align with earlier findings by Ji (2022), Li (2021), and Jin (2023), all of whom emphasized the need for tailored strategies to manage grammatical asymmetries and ensure logical flow in the target language.

4.3 Impact of experience on NTTs use

Interpreter experience strongly influenced the selection and execution of NTTs. More experienced interpreters reported using hybrid methods that combined shorthand, symbols, and digital tools. These interpreters also demonstrated greater adaptability, modifying their NT based on speech content, pace, and context. This supports Gile's Effort Model (1995), which asserts that experienced interpreters are better equipped to manage the simultaneous demands of listening, analysis, NT, and delivery. In contrast, less experienced interpreters relied more heavily on basic strategies such as writing keywords, mind mapping, or using their first language for NT, often struggling to balance active listening and note construction.

4.4 Individual cognitive preferences and learning styles

In addition to linguistic and experiential factors, the study revealed that individual cognitive styles and learning preferences played a role in shaping NTTs use. Some interpreters preferred visual strategies such as drawing, color coding, and diagrammatic notes, suggesting a visual-spatial cognitive style, while others favored structured linear notes and linguistic abbreviations. This variation aligns

with previous work by Yamada (2018) and Chen (2023), which found that interpreters' NT choices often reflect their preferred modes of processing and organizing information. These insights reinforce the need for interpreter training programs to allow space for experimentation and self-discovery, helping interpreters identify and refine techniques that align with their cognitive strengths.

4.5 Training implications

The findings suggest that interpreter training programs must respond not only to linguistic and cognitive demands but also to differences in experience and individual learning preferences. By highlighting how NTTs are shaped by language structure, note density, and interpreter style, this study supports a differentiated approach to skill development. These insights provide a foundation for designing targeted, flexible training models that better align with interpreter needs.

5. Recommendations

Based on the findings of this study, it is recommended that interpreter training programs adopt a language-sensitive and experience-informed approach to NT, particularly when preparing interpreters to work with asymmetrical language pairs such as Arabic-English and Chinese-English-Arabic. Interpreters working with these pairs face considerable cognitive and linguistic challenges during CI. To improve the efficiency and accuracy of NT in such contexts, training should prioritize language-specific techniques tailored to the structural and orthographic features of each language.

For Arabic-English interpreters, training programs should emphasize the use of shorthand, abbreviations, and symbolic notation. These strategies are particularly effective in managing Arabic verb–subject–object (VSO) structure. Training should also include guided practice in rapid notation of verbs and grammatical markers, along with reformulation exercises that help interpreters restructure Arabic content into coherent English output. Personalized symbolic systems based on recurring syntactic patterns and domain-specific vocabulary (e.g., legal, diplomatic) should be encouraged, supported by simulation-based training and post-task analysis.

In English-Arabic interpreting, interpreters often encounter the reverse challenge of transforming the English subject–verb–object (SVO) structure into the Arabic VSO format while preserving formal tone and cohesion. Training programs should therefore include syntactic transformation strategies such as anticipatory notation, clause restructuring, and discourse marker notation. Practice with phrasal verbs, idioms, and compound structures should also be integrated to support real-time interpretation.

For Chinese-English and Chinese-Arabic interpreters, visual-symbolic NT strategies should be prioritized, reflecting the logographic nature and syntactic flexibility of Chinese. Techniques such as using abbreviated characters, conceptual ideograms, and partial strokes can enhance speed and clarity. Radial note organization, ideogram-based summarization, thematic clustering, and visual anchoring should also be introduced to support efficient processing and retention of complex input. Across all language combinations, interpreter training should

incorporate cognitive load management strategies, including predictive listening, context-based anticipation, and structured note recall. The use of digital tools, such as smart pens and note-review platforms, can further support interpreters in managing, organizing, and refining their note-taking practices.

Finally, training institutions and in-service providers should implement cross-linguistic awareness modules to help interpreters understand how structural differences between source and target languages affect their NT choices. Peer collaboration, domain-specific simulations, and guided mentorship from experienced professionals can reinforce the development of efficient, flexible, and context-sensitive note-taking systems. Notably, interpreter training programs should move beyond generalized NT instruction and adopt a tailored approach that considers linguistic complexity, cognitive demands, and interpreter experience. Such programs will better equip interpreters to meet the challenges of CI across diverse language pairs.

6. Conclusion

This study underscores the importance of NTTs in CI across Arabic-English, Arabic-Chinese, and English-Chinese language pairs. The findings reveal that both linguistic features and interpreter experience significantly shape NTTs. While techniques such as abbreviations, symbolic notation, and mind mapping are widely used to enhance clarity and speed, interpreters tailor their methods based on the demands of each language pair. For instance, Arabic-English interpreters often rely on alphabet-based systems, whereas interpreters working with Chinese utilize logographic symbols and partial strokes. Additionally, interpreter experience plays a critical role in NT choice. Experienced professionals favor hybrid approaches that combine shorthand, symbols, and digital tools, while less experienced interpreters tend to use more basic techniques. These results highlight the need for targeted training programs that are both linguistically and experientially sensitive.

In sum, the study contributes to a deeper understanding of how NTTs function as cognitive tools that reduce load and support performance. Future research could build on these insights by exploring real-time interpreting scenarios and incorporating technological tools like eye-tracking to better understand decision-making during NT. Tailored interpreter education, grounded in both theory and practice, is essential for equipping interpreters to meet the complex demands of cross-linguistic and cross-cultural communication.

Amal Abdelsattar Metwally- Corresponding Author
Department of Translation, College of Languages and Translation
King Khalid University, Abha, Saudi Arabia
ORCID Number: 0000-0001-9067-3273
Email: amalmetwally10@gmail.com

Hager Ahmed Abdelsattar
Department of Asian Languages, College of Languages
Princess Nourah bint Abdulrahman University, Riyadh, Saudi Arabia
ORCID Number: 0009-0006-5788-3416
Email: haabelstar@pnu.edu.sa

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Appendix: Survey to Arab interpreters

Demographic Information	
Age:	<input type="checkbox"/> 18–24 <input type="checkbox"/> 25–34 <input type="checkbox"/> 35–44 <input type="checkbox"/> 45–54 <input type="checkbox"/> 55–64 - <input type="checkbox"/> 65 or older
Gender:	<input type="checkbox"/> Male <input type="checkbox"/> Female
Primary Language(s):	
What is your native language?	
What language(s) do you interpret into?	
Country	
Which language pairs do you interpret? (Select all that apply)	<input type="checkbox"/> English into Arabic <input type="checkbox"/> Arabic into English <input type="checkbox"/> Chinese into Arabic <input type="checkbox"/> Arabic into Chinese <input type="checkbox"/> English into Chinese <input type="checkbox"/> Chinese into English
Education Level	
What is the highest level of education you have completed?	<input type="checkbox"/> Bachelor's degree <input type="checkbox"/> Master's degree <input type="checkbox"/> Doctoral or professional degree
Interpreter Training	
Have you received formal training in interpreting?	<input type="checkbox"/> Yes <input type="checkbox"/> No
If you have received training, please specify.	<input type="checkbox"/> Certificate program <input type="checkbox"/> Bachelor's degree in interpreting or related field <input type="checkbox"/> Master's degree in interpreting or related field <input type="checkbox"/> Workshops or short courses <input type="checkbox"/> Other:
Experience as an Interpreter	
How long have you been working as an interpreter?	<input type="checkbox"/> Less than 1 year <input type="checkbox"/> 1–3 years <input type="checkbox"/> 4–6 years <input type="checkbox"/> 7–10 years <input type="checkbox"/> More than 10 years
How often do you interpret in consecutive mode?	<input type="checkbox"/> Regularly (e.g., daily or weekly) <input type="checkbox"/> Occasionally (e.g., monthly) <input type="checkbox"/> Rarely (e.g., a few times a year)
Specialization	
In which sectors do you most frequently work as a consecutive interpreter?	<input type="checkbox"/> Legal <input type="checkbox"/> Medical <input type="checkbox"/> Conference <input type="checkbox"/> Business <input type="checkbox"/> Corporate <input type="checkbox"/> Community <input type="checkbox"/> Educational <input type="checkbox"/> Other:
Note-Taking Technique in Consecutive Interpreting	
I regularly use note-taking techniques during consecutive interpreting sessions.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
My note-taking methods have improved my overall interpreting performance.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
I find that my notes help me retain information better during interpretation.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree

I am confident in my ability to create effective notes quickly during a speech.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
The structure of my notes is consistent across different interpreting assignments.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
. I believe that note-taking is essential for successful consecutive interpreting.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
I find it challenging to balance note-taking and active listening during interpretation.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
My notes are clear and organized enough for me to understand them later.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
I adapt my note-taking style to accommodate the pace and delivery of speakers.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
I believe that understanding dialects enhances my note-taking effectiveness during interpretation into English and Chinese.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
I believe that mastering note-taking techniques is crucial for my future career as an interpreter.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
Advantages of Note-taking in Consecutive Interpreting	
Note-taking helps in enhancing memory retention (i.e., helps interpreters remember key points and details from the source speech, improving overall accuracy in interpretation.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
. Note-taking provides a structured way to organize information, making it easier for interpreters to follow the speaker’s flow and transitions.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
By jotting down important information, interpreters can offload some of the cognitive burden, allowing them to focus more on comprehension and delivery.	<input type="checkbox"/> Strongly disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neutral <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
Note-taking Strategies	

What note-taking strategies do you employ during consecutive interpreting sessions? Please select all that apply.	<input type="checkbox"/> Traditional shorthand <input type="checkbox"/> Symbolic notation <input type="checkbox"/> Mind mapping <input type="checkbox"/> Digital note-taking tools (e.g., tablets, apps) <input type="checkbox"/> Abbreviations <input type="checkbox"/> Note-taking in your first language
Please describe any personal strategies or techniques you have developed that enhance your note-taking effectiveness during interpretation.	